

## THERAPEUTIC RECREATION CENTER WINTER CLASSES 2006

Therapeutic Recreation programs utilize recreation to help individuals with temporary impairments, other health conditions, and disabilities to increase independence, strengthen leisure skills, and enhance personal well being – physically, cognitively, emotionally, and socially in a rehabilitative environment. Therapeutic Recreation can improve functional abilities, enhance recreation skills and attitudes, build confidence, ease fears, improve physical abilities, promote greater self-reliance, strengthen interpersonal skills, manage stress, and enrich the quality of life. Therapeutic Recreation can help people of all ages and backgrounds to get well, live well, and stay well!

**Registration will be accepted only at the Therapeutic Recreation Center. Please either mail in or drop by all registration forms and checks (payable to City of Norfolk Treasurer) by registration date at the Therapeutic Recreation Center, 180 East Evans Street, Norfolk, VA 23503. Money is due at the time of registration. In order to register, you must have participated in an intake assessment with a CTRS staff and all required forms must be completed. If you have any questions please call 441-1764(V/TDD). Registration will not be accepted prior to the registration date. View Good Times online at: <http://www.norfolk.gov/neighborhoods/recreation>**

**The first day of “Winter” registration is Friday, December 2, 2005 at 9:00 a.m. for the Therapeutic Recreation Center ONLY! Some events are not published in our Good Times, please contact the center for additional information. The following programs are for ages 15 and up.**

### **ANY DISABILITY**

#### **Classes**

##### **Make-It-Mosaics**

Pick out colored tiles and glass, arrange in a design, add found items like shells or buttons, and glue pieces down. Cover it all with grout; then allow it to set and wipe it clean. You’ve got a completed mosaic! In no time you’ll have unique items to show off in your home, patio, and garden. There is a **\$10.00 supply fee** and additional supplies will be discussed the first class. Limited transportation is available.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266750 01	TR Center	F	9:30am-11:00am	1/13 – 3/17	\$20	\$30

##### **Ceramics**

Enjoy the opportunity to paint your own piece of decorative or functional art in a fun atmosphere. Participants must provide green ware and any special paints not provided in center supplies. A **\$15.00 supply fee** is due at the first class. Limited transportation is available.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266720 01	TR Center	Tu	10:00am-12:00pm	1/10 – 3/14	\$20	\$30

### Dance to Music

Do you love to dance? If so, this is your chance to get exercise while learning different dance steps. You will learn a variety of dance styles and routines. Participants will need to wear comfortable clothes, proper footwear, and a water bottle is suggested.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266721 01	TR Center	W	2:00pm-2:50pm	1/11 – 3/15	\$15	\$25

### Low Impact Exercise and Stretch

Tone and firm your muscles, as well as increase your flexibility using aerobic workouts without jumping or jarring the joints. Class includes warm-up, work out, and cool-down.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266752 01	TR Center	F	4:00pm-4:50pm	1/13 – 3/17	\$15	\$25

### Spares and Strikes:

#### Recreational Bowling

Bowling fun! Join us at the Little Creek AMF Lanes to learn the basic rules of 10 pin recreational bowling. Adaptive equipment is available if needed. Limited transportation is available. There is an additional fee of \$1.00 per game each week.

Activity #	Site	Day	Time	Date	Fee	NR Fee
210710 01	AMF	M	12:30pm-2:00pm	1/9 – 3/13	\$15	\$25

### Spares and Strikes:

#### Skill Building Bowling

Would you like to further your bowling techniques to improve your bowling? Join us at the Little Creek AMF Lanes to improve your skills and ball handling techniques. You will have the opportunity to increase bowling skills to eventually advance to independent league bowling. Adaptive equipment is available if needed. Limited transportation is available. There is an additional fee of \$1.00 per game each week. \*\*Class referral is required, call center for more information.

Activity #	Site	Day	Time	Date	Fee	NR Fee
210731 01	AMF	W	4:00pm-6:00pm	1/11 – 3/15	\$15	\$25

### Cooking For A Better You

Do you enjoy cooking? Want to learn more about nutrition? Join us 4 times to learn about nutrition and get a chance to cook and eat a nutritious lunch. **All supplies provided for an additional cash fee of \$15.00 due at registration.** Participant cannot register for class until supply fee is received. Supply fee is non-refundable. Call the TR Center for the specific dates.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266732 01	TR Center	W	10:00am-12:00pm	Varies	\$15	\$25

### Magic Memories (NEW!)

Take a stroll down memory lane. Look back on major past events. Participants will share feelings and memories from past events as a method of improving memory and concentration.

**Limited to persons 50 years of age plus!**

Activity #	Site	Day	Time	Date	Fee	NR Fee
266733 01	TR Center	W	11:00am-12:00pm	1/11 – 3/15	\$15	\$25

## **Outings**

### St. Patrick's Day Parade

Experience the luck of the Irish at the annual St. Patrick's Day Parade down Granby St. Enjoy old-fashion cars, local high school bands, homemade floats, fire trucks, policemen on horses, and many other surprises. Transportation limited.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266760 01	TR Center	Sa	8:00am–3:00pm	3/11	\$7	\$17

### Amazing Grace by the Hurrah Players (NEW!)

Come experience the excitement of the performing arts live at the Roper Performing Arts Center. Experience the musical tale. Enjoy lunch at Johnny Rockets prior to the show. Extra cost of \$15 is required for the play. Bring money for lunch and snacks in between acts. Transportation is available.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266764 01	TR Center	Sa	11:00am-7:00pm	2/18	\$7	\$17

## **AQUATIC THERAPY**

### **Aquacise I**

Water is the perfect medium for physical rehabilitation. Come join the group and work toward increased mobility and range of motion. Does not require swimming skills, but participants must be able to stand alone in 4 feet of water. Participants must be able to dress and toilet themselves.

Swimsuits must be worn in the pool. Limited transportation is available.

Activity #	Site	Day	Time	Date	Fee	NR Fee
246711 01	Northside	M	1:00pm-1:45pm	1/9 – 3/13	\$15	\$25
246711 02	Northside	F	1:00pm-1:45pm	1/13 – 3/17	\$15	\$25
246711 03	Northside	M,F	1:00pm-1:45pm	1/9 – 3/17	\$25	\$35

### **Aquacise II**

How long have you participated in Aquacise? Do you feel it's time to experience a new, faster paced workout to further your physical rehabilitation? If so, it's time for you to join Aquacise II, a comprehensive total body workout not only designed to increase mobility and range of motion, but to increase strength and muscle endurance. Participants must be able to stand in 4 feet of water, dress and toilet themselves. No swimming skills are necessary. Swimsuits are required. Limited transportation is available. \*\*Class referral required, call center for more information.

Activity #	Site	Day	Times	Date	Fee	NR Fee
246730 01	Northside	W	1:00pm-1:50pm	1/11 – 3/15	\$15	\$25

### **Aquacise I & II Combo**

Do you need to gain muscular strength and endurance as well as maintain flexibility? Then this combination of classes is for you! Participants must be able to stand in 4 feet of water, dress and toilet themselves. No swimming skills are necessary. Swimsuits are required. Limited transportation is available. \*\*Class referral required, call center for more information.

Activity #	Site	Day	Times	Date	Fee	NR Fee
246730 02	Northside	M,W	1:00pm-1:45pm	1/9 – 3/15	\$25	\$35
246730 03	Northside	W,F	1:00pm-1:45pm	1/11 – 3/17	\$25	\$35

### **Moderate Impact Aqua Aerobics**

Join us in the water for a comprehensive total body workout while toning muscles and working that heart out! Participants must be able to stand in 4 feet of water independently and engage in aerobic exercise for 30 minutes. No transportation provided. Swimsuits must be worn.

Activity #	Site	Day	Times	Date	Fee	NR Fee
246713 01	Northside	M	5:00pm-5:50pm	1/9 – 3/13	\$15	\$25

### **Deep Water Power Hour**

Are you ready for the ultimate aquatic challenge – deep water exercise? Join us for a full body workout in the deep end of the pool using floatation devices for assistance. Work up a sweat to music, while increasing your heart rate and strengthening your entire body! Participants must feel comfortable in deep water and be able to engage in aerobic exercise for 45 minutes. No transportation provided. Swimsuits must be worn. \*\*Class referral required, call center for more information.

Activity #	Site	Day	Times	Date	Fee	NR Fee
246751 01	Northside	F	1:45pm-2:30pm	1/13 – 3/17	\$15	\$25

## **PHYSICAL IMPAIRMENTS**

### **Outings**

#### **Rowena's Bakery**

Teatime! Taste a variety of pound cakes, curds, scones and sauces. Enjoy lunch in Rowena's tearoom and purchase a dessert to indulge in at home. Extra cost for lunch. Transportation is available.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266740 01	TR Center	Th	9:00am-5:00pm	2/2	\$7	\$17

#### **d'Art Museum (NEW!)**

Come and watch local artists at work at the new d'Art Museum! Visit the studios where artists create and sell fine art. We'll enjoy lunch at Freemason Abbey prior to visiting the museum.

Bring extra money for lunch. Transportation is available.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266741 01	TR Center	Th	9:00am-5:00pm	1/19	\$7	\$17

#### **Nauticus**

Come and experience hands on exhibits about the world's ocean. There will be time to visit the touch tank and video exhibits. We will start the day with lunch at a local restaurant. Admission and lunch cost is extra. Transportation is limited.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266742 01	TR Center	Th	9:00am-5:00pm	3/16	\$7	\$17

## MENTAL IMPAIRMENTS

### Classes

#### Game Night – (Thursday)

Come out to learn, play, and have a good time participating in a variety of board and table games. We will play traditional and non-traditional games such as checkers, trouble, bingo, cards, and the memory game. Large table games like air hockey, foosball, and mini-basketball will be available. You may have a favorite that you would like to share with the group. **A non-refundable program fee of \$10.00 is due at registration.** Instructor: Steven Errante

Activity #	Site	Day	Time	Date	Fee	NR Fee
266753 01	TR Center	Th	6:00pm-6:45pm	1/12 – 3/16	\$15	\$25

#### TR Theatre Thursdays

Come see a variety of movies on our Big Screen TV with surround sound stereo. We will meet three times during the session to watch a full feature movie. Along with the movie and friends, we'll enjoy a healthy snack and drink. All movies will be rated G, PG, or PG13. **There is a \$10 non-refundable program fee due at registration.** A program date schedule will be available at registration. Instructor: Steven Errante

Activity #	Site	Day	Time	Date	Fee	NR Fee
266790 01	TR Center	Th	7:00pm-9:45pm	Varies	\$5	\$15

#### Sports Bunch

Extreme Sports Fanatics!!! This is the group for you! We will go to three sporting events within Hampton Roads to let our teams know we care. Each trip will have a trip fee to cover transportation and admission to the event. Participants must arrive at the TR Center by 6:30pm and be picked up at the TR Center by 10:30pm (participants will be notified if pick up time changes). **A non-refundable program fee of \$45.00 is due at registration.** Instructor: Steven Errante

Wednesdays - January 25<sup>th</sup> & February 15<sup>th</sup> – Admirals Hockey;

Thursday - February 9<sup>th</sup> – ODU Men's Basketball; February 15<sup>th</sup>

Instructor: Steven Errante.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266792 01	TR Center	W,Th	6:30pm-10:30pm	Varies	\$5	\$15

#### Fun Bunch

Hang with us as we travel Hampton Roads in search of fun with friends. We will go on three outings. Possible outings are dining out, seeing a play, going shopping, and/or enjoying other activities together. Participants must arrive at the TR Center by 6:30pm and be picked up at the TR Center by 10:00pm (participants will be notified if pick up time changes). **A non-refundable program fee of \$45.00 is due at registration.** An event schedule will be available at registration. Instructor: Steven Errante

Activity #	Site	Day	Time	Date	Fee	NR Fee
266791 01	TR Center	Th	6:30pm-10:00pm	Varies	\$5	\$15

## Outings

### Old Time Photo

Step back in time and leave with a picture of your visit. We will go to an old time photo studio at the oceanfront in Virginia Beach and have our picture taken in clothes from a time remembered. While visiting the oceanfront we will have a nice lunch and shop in a couple of shops on Atlantic Avenue. **The non-refundable program fee is \$25.00.** Please bring some money for a lunch (around \$10) and a bit for shopping. Participants should arrive at the TR Center by 11am and pick up time from the TR Center is 5pm. Instructor: Steven Errante

Activity #	Site	Day	Time	Date	Fee	NR Fee
266761 01	TR Center	Sa	11:00am-5:00pm	1/21	\$5	\$15

### Whale Watching

We will try once again to see the largest mammals in the sea. We will take a trip with the Virginia Aquarium to see if we can see these majestic giants. Please dress for the weather, as it can get very cold when traveling on the water. Bring an extra \$10 for lunch at the oceanfront. **The non-refundable program fee is \$30, which covers the ticket and transportation.** We will meet at the TR Center at 10:30am and will drop each participant off at home afterwards. We will eat lunch after riding on the boat to ensure a more enjoyable outing. The Virginia Aquarium does everything it can to find the whales, but there are no guarantees we will see one. The only guarantee is that no matter what we see it will be a very enjoyable outing. Instructor: Steven Errante

Activity #	Site	Day	Time	Date	Fee	NR Fee
266772 01	TR Center	Sa	10:30am-6:00pm	2/11	\$5	\$15

### Theatre and a Lunch

Enjoy a nice lunch and then head off to the Regent University Studio Theatre to attend a play in the round. The name of the play is Peer Gynt and is a drama about finding oneself. Participants should arrive at the TR Center by 11:30am and each participant, who lives in Norfolk, will be dropped off at their home. **The non-refundable program fee is \$15.00, which must be paid at registration.** Each participant must bring \$15 for lunch and additional cash if they want a snack during intermission. Instructor: Steven Errante

Activity #	Site	Day	Time	Date	Fee	NR Fee
266763 01	TR Center	Sa	11:30am-6:00pm	2/18	\$5	\$15

### Cinema Café

Lights, camera, action! Come enjoy dinner while you watch a movie with friends at Cinema Café. The food is delicious. There will be an additional cost for movie and dinner.

Transportation is limited, so sign up early.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266745 01	TR Center	Th	3:00pm-10:00pm	1/26	\$7	\$17

## CHILDREN'S PROGRAMS

The following programs are open to children with any disability ages 6-14 years old. Classes are offered in 10-week sessions. Participants will need to call the center and set up a time to come in for an assessment before signing up for classes. Registration information is located in the beginning of the Therapeutic Recreation section. For more details and additional programming, call us at 441-1764.

### Alley Cats

It's time to head to the Little Creek AMF Bowling Lanes after school. Learn the basic rules in bowling while meeting new people and having fun. **Participants need to bring \$1.00 for each game.** Shoe rental is included.

Activity #	Site	Day	Time	Date	Fee	NR Fee
210740 01	AMF	Th	6:00pm-7:30pm	1/12-3/16	\$15	\$25

### Craftin' Creations

Be the creator of great works of art! During this class you'll create a variety of arts and crafts projects. Come improve fine motor skills while using your imagination to complete fun projects.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266730 01	TR Center	W	6:00pm-7:00pm	1/11-3/15	\$15	\$25

### Play With Your Food (NEW!)

Come and create a piece of snack art using food for the craft materials. The best part of the activity is that you can eat it when you're done. This will be a fun way to try new foods! **All supplies provided for an additional cash fee of \$10.00 due at registration. Participant cannot register for class until supply fee is received. Supply fee is non-refundable.**

Activity #	Site	Day	Time	Date	Fee	NR Fee
266714 01	TR Center	M	6:00pm-7:00pm	1/9-3/13	\$15	\$25

### Game It Up

Come get your game on in this fun-filled group. Learn new skills, brush up on old skills and have fun while playing a variety of games.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266751 01	TR Center	F	6:00pm-7:00pm	1/13-3/17	\$15	\$25

### Saturday Fun!

Enjoy lunch, games, crafts, movies, and trips on 3 selected Saturdays throughout the session. **Additional costs will be required;** parents will be notified during registration of costs. Times may vary depending on activity.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266762 01	TR Center	Sa	9:00am-1:00pm	Varies	\$15	\$25